

9TH ANNUAL NIKE/HENDERSON TRACK AND FIELD INVITATIONAL-MAY 1, 2015

Time	Event	Level	Minimum Standard	District 1 Standard
2:00	100/110 Hurdle Trials	High School	17.95/16.95	16.3/15.2
2:25	100m Dash Trials	High School	13.50/11.65	12.8/11.0
2:55	Novice 1600m	High School	6:10/5:05	NA
3:30	200m Dash Trials	High School	27.50/24.25	26.0/22.7
4:00	National Anthem	NA		
4:05	100/110 Hurdle Finals	High School	NA	NA
4:15	4 x 800m Relay	High School	NA	NA
4:50	100m Dash Finals	High School	NA	NA
5:00	1600m Run	High School	5:45/4:45	5:23/4:29
5:50	4 x 100m Relay	High School	NA	
6:25	Elementary/ MS 400/800m Run	ES/MS	NA	
6:35	Elite 1500 meters	Professional	4:25/3:48	
6:50	400 Meter Dash	High School	63.22/53.54	60.0/51.0
7:10	Wall of Fame Induction			
7:20	300 Meter Hurdles	High School	50.50/43.50	47.8/41.0
7:45	800 Meter Run	High School	2:30/2:04.5	2:23/1:59.0
8:20	Elite 800 Meter Run	Professional	2:06/1:49	
8:30	200 Meter Dash-Final	High School		
8:35	3200 Meter Run*	High School	11:50/10:00	11:35/9:50
9:30	4 x 400 m relay**	High School	NA	

Field Events***	Minimum	District 1
2:00-3:30-Girls's Long Jump Open Pit-3 jumps no final	16'0"	16'10"
2:00-Girls' Pole Vault-Opening height=9'	9'0"	9'6"
2:00-Girls' Shot Put-3 throws-8 to finals-	31'0"	33'6"
2:00-Boys' Discus-3 throws-8 to finals-	125'0"	135'0"
2:00-Girls' Javelin-3 throws-8 to finals	90'0"	102'0"
3:00-Boys' High Jump	5'10"	6'2"
3:30-5:15-Boys' LJ-Open pit-3 jumps	20'6"	21'0"
4:30-Boys' Shot Put-3 throws-8 to finals	42'0"	48'0"
4:30-Boys' Javelin-3 throws-8 to finals	140'0"	160'0"
4:30-Girls' Discus-3 throws-8 to finals	90'0"	101'0"
6:00-7:30-Girls' TJ-Open pit-3 jumps	32'6"	34'8"
7:45-9:15-Boys' TJ Open pit-3 jumps	40'6"	42'8"
Girls' High Jump-follows boys	4'10"	5'1"
Boys' Pole Vault-follows girls	12'0"	13'0"

All track events are girls followed by girls. Slow section to fast section except for the boys 3200m. Please note the minimum standards and the standards to get more than 2 athletes into the meet. If you enter athletes who do not meet the standards, they will be removed from the meet.

*The fast section of the boys' 3200 meters will be run immediately following the fast section of the girls' 3200m.

**The 4 x 400 relay will run as a positive check-in event. You must check in between 8:00 and 8:15 at the check in tent. We will have the heat sheets out by 8:30. No check in, no race.

***Field event standards may be changed if we have too many entries in a particular event.

The meet will be run by NFHS and PIAA rules. We will not have an official video of the meet available for review.

Please do not enter any athletes who do not meet the minimum standards. That includes the Novice 1600m.